

**The VANGUARD SCHOOL**  
**ATHLETIC/ACTIVITIES**  
**HANDBOOK**  
**2025-2026**

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The Vanguard School Website – [www.TheVanguardSchool.com](http://www.TheVanguardSchool.com)

### **THE VANGUARD SHOOOL MISSION STATEMENT**

The mission of The Vanguard School is to help guide students in development of their character and academic potential through academically rigorous, content-rich educational programs.

### **THE VALUE OF ATHLETICS/ACTIVITIES**

The research is clear. Students who participate in sports/activities tend to have higher grade point averages, better attendance records, lower dropout rates, and fewer discipline problems than other students in general. In addition, sports/activities provide valuable lessons for many practical situations – teamwork, sportsmanship, winning and losing, and hard work. Through participation in sports/activities, students learn self-discipline, build self-confidence, and develop skills to manage competitive situations. In short, dollar for dollar, high school activities may be the best deal in education today.

It is a privilege to represent The Vanguard School in athletic competition. Therefore, the expectations for athletes are higher than for the rest of the student body. It is The Vanguard School's goal to make our athletes aware of the responsibilities as representatives of our school.

The Vanguard School's sports/activities program, a supplement to the school's academic program, strives to provide experiences that will help students develop physically, mentally, socially, and emotionally. All Vanguard coaches will support the school's commitment to character education. Coaches will capitalize on teaching moments and integrate character education through their example and verbal reinforcement of acceptable traits.

The Vanguard School Athletic/Activities program is committed to:

- Providing a superior program of student activities that includes appropriate activities for every participant.
- Providing an opportunity for students to experience success in those activities.
- Providing an opportunity for students to manage their time effectively.
- Creating a desire in students to succeed and excel.
- Teaching students to practice self-discipline and emotional maturity by learning to make decisions under pressure.
- Facilitating social competency and teaching students to operate within a set of rules, thus gaining a respect for the rights of others.
- Providing an opportunity for students to develop their physical skills in a safe and structured environment.

- Modeling quality adult leadership while developing leadership skills in student leaders.
- Creating the desire and culture for good citizenship in the school and in the community.

## PHILOSOPHY BY LEVEL

### **Junior High: (6/7/8 grade students are eligible)**

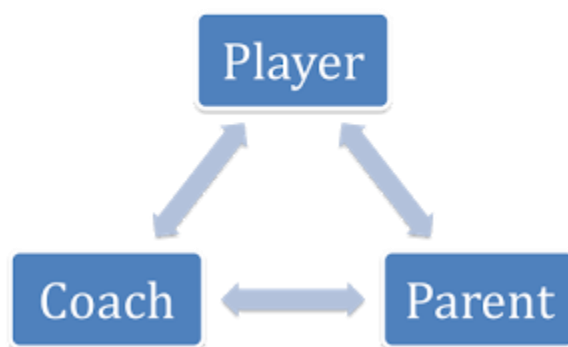
This program of competitive sports focuses on the fundamentals of the game, rules, training, and basic skills. Emphasis is placed on basic skill development and maximum participation is desired. Eligible participants will play in all contests.

### **Junior Varsity: (9/10/11 grade students are eligible)**

The junior varsity level of competition is the program where increased emphasis is placed upon team play, physical conditioning, and refinement of basic skills. Winning at the junior varsity level is considered important, and participants should be taught how to cope with losing and crowd influence during contests. Each individual will be given the opportunity to play during the season at the discretion of the coach.

### **Varsity: (9/10/11/12 grade students are eligible)**

The varsity level of athletic competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation, and mental attitude are very important aspects of varsity competition. The team definitely plays to win the contest, but varsity contestants should accept the fact that important lessons are to be learned from losing. It is recognized that not all participants play in every contest. Ability and attitude will be the determining factors in making the team at the varsity level.



**Figure 1. – The Athletic Triangle**

## COMMUNICATION

Parents and coaches are important role models for our students. They both provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work as adults. When parents and coaches understand and respect each other, they can work together to benefit their children. You have a right as a parent to understand the commitment, expectations, and responsibilities that accompany participation in The Vanguard School athletics program. Clear communication between parents and coaches facilitates this

understanding. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. Encourage your son/daughter to exercise the opportunity to speak directly with his/her coach about any topic preferably before a parent/coach conversation is scheduled or initiated.

### **Communication a parent should expect from a coach:**

1. Philosophy of coach and program
2. Locations and times of practices and contests
3. Expectations the coach has of the team and players
4. Team requirements
5. Disciplinary action that results in the denial of your child's participation
6. What role parents may play to help the coach or team (e.g., scorekeeper, fundraising, banquets, locker decorations, etc.)

### **Procedure to set up a Parent/Coach Conference:**

There are situations that may require a conference between the coach and parent. Please **do not** attempt to contact a coach immediately before or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. The Vanguard School has a **24-hour rule** in which a parent must wait 24 hours after a contest/practice before they may make contact with the particular coach. Often, when we allow time to reflect and compose our thoughts it has a much more positive outcome. If a meeting is still needed, please either call or email the coach to set up an appointment.

Often it is difficult to accept your child's not playing as much as you would hope. **Coaches are professionals.** They make judgment decisions based on what they believe to be the best for all students involved. Certain things can and should be discussed with the coach. Other things must be left to the discretion of the coach.

### **Appropriate concerns to discuss with a coach:**

1. The emotional and physical development of your child
2. Ways that your child might be able to improve
3. Concerns about your child's behavior with the team and on the practice/game field
4. The future of your child's play at the next level

### **Issues NOT appropriate to discuss with coaches:**

1. Athlete's playing time
2. Team strategy or playing approach
3. Organization and administration of team and program
4. Other student-athletes and parents

If a meeting with the coach did not provide satisfactory resolution, then, by chain of command expectations, a call (or email) to the Asst. Athletic Director for an appt. with the Athletic

Director is appropriate. Please know that all meetings with the Athletic Director require that the student-athlete be present. At this meeting, the appropriate next steps can be determined. It is always encouraged though to work issues out at the lowest levels which is through the coaching staff. The following diagram shows the expected flow of communications for Vanguard athletics.



## **SPORTSMANSHIP AND CONDUCT**

As participants in The Vanguard School athletic/activities program, you are expected to conduct yourselves with the utmost integrity and demonstrate good sportsmanship. This includes, but is not limited to, respectful behavior toward all team and opposing team members, officials, and other adult support staff. The expectation is that all participants will be courteous, honest, and maintain the integrity of the sport and the school.

## **SPORTSMANSHIP RESPONSIBILITIES**

### **The Player:**

- Treats all teammates and opponents with respect
- Plays hard, but plays within the rules
- Exercises self-control at all times, setting the example for others to follow.
- Respects officials and accepts their decisions without facial expressions, gestures, or argument.
- Wins without boasting, loses without excuses, and never quits
- Always remembers that it is a privilege to represent The Vanguard School

### **The Coach:**

- Treats own players and opponents with respect
- Inspires in the athletes a love for the game and the desire to compete fairly
- Is the type of person he/she wants the athletes to be
- Disciplines those on the team who display unsportsmanlike behavior
- Respects the judgment and interpretation of the rules by the officials
- Knows he/she is a teacher and understands the athletic arena is a learning environment
- Always remembers that it is a privilege to represent The Vanguard School

### **The Fan/Spectator/Parent:**

- Attempts to understand and be informed of the playing rules
- Remembers that the game is for the players
- Appreciates a good play regardless of team affiliation
- Applauds positive performances, does not heckle, jeer, or distract players
- Avoids use of profane and obnoxious language, bad attitudes, and behavior
- Shows compassion for an injured player, regardless of team affiliation
- Respects the judgment and strategy of the coach and does not criticize players or coaches for loss of a game
- Recognizes that the coach has been hired by the school and is in charge of all decisions and aspects of the program
- Uses proper channels (chain of command) should any problems arise (coach, AD, Principal, Board)
- Waits 24 hours after a game to contact the coach regarding any questions about that game. Athletes are encouraged to direct questions to the coach before parents get involved.
- **Treats the officials with respect before, during, and after the game**
- Recognizes that, as a spectator, you represent our school as much as the athletes

## GENERAL APPEARANCE AND CONDUCT

- A. All athletes should set and keep a high standard of appearance at all times. Coaches will specify dress code for all games and appropriate dress for practices.
  - 1. No short shorts or spaghetti straps at practices or contests
  - 2. Girls are not permitted to wear sports bras only as tops, at practices or contests
  - 3. Boys may not go shirtless during any practices
  - 4. Athletes must be appropriately dressed around campus and in school buildings
- B. Athletes should be positive role models in the school and in the community.
- C. The use of profane language by athletes on or off the court is not acceptable and will not be tolerated. Game suspension will result for any athlete using profane language in a game or practice.

## REGISTRATION

Registration deadlines for all JH and HS sports and activities are posted on the website at [www.TheVanguardSchool.com](http://www.TheVanguardSchool.com). Registration will be completed through the Arbiter platform. All forms must be digitally signed, physicals must be completed and uploaded, and athletic fee paid before a student athlete can participate in a sport.

**Please know that the athletic department will not accept a physical that EXPIRES at any time during the sport season of participation.** If you have one that needs to be renewed between the official start date and the end of the particular sports season, we consider it expired and you must have a **NEW** one prior to the official start date. **NO EXCEPTIONS.**

Athletes will not be able to practice until all registration requirements have been fulfilled. Athletes/families can track if their athlete is cleared for participation through their rSchools account. *The athletic office WILL NOT accept individual pieces of registration materials.* **Coaches cannot register an athlete for a sport. Coaches are instructed to NOT accept any paperwork from a player.**

## PRE-SPORT PARTICIPATION

The fees for Junior High and High School Sports are reviewed annually and may be different among sports based on support requirements. Each parent and/or student athlete can choose to volunteer five hours per sport played to get a discount and pay less per sport for Junior High and for High School. If an athlete does not attend Vanguard but wishes to participate in athletics at Vanguard, there will be an additional cost for participating. No volunteer hours will be required from these athletes. Vanguard also has a Buy 2 Get 1 Free Sport. Any student/athlete that plays in 2 consecutive sports (Fall and Winter) may play the third sport free (Spring). This is for each individual, not a family discount. The Buy 2 Get 1 Free does not apply to athletes that do not attend The Vanguard School.

## **VOLUNTEERING**

Families of Vanguard School athletes are asked to donate a minimum of 5 hours of volunteer time per child, per sport. Accumulation of volunteer hours benefits each family monetarily by reducing the athletics fees paid for their child's involvement in athletics. In turn, the entire Vanguard community benefits greatly from our families' participation. Volunteer opportunities are determined by administration and are intended to support the athletic department. By doing so, The Vanguard School is able to save money on officials and other support needs and provide sports at a lower cost to our families. Events may include working admissions tables, concessions, line judges (for volleyball), scorebook keepers and scoreboard operators (for volleyball and basketball) just to name a few.

All volunteer opportunities will be tracked through the volunteer SignUpGenius platform. Using an online system gives parents/athletes control of which events and times they would like to volunteer. It also aids in accurate tracking of completed volunteer hours.

The benefits of the online registration include:

- Viewing upcoming athletics events and other activities needing volunteers.
- Monitoring how many volunteer hours a family has accumulated (exact hours are kept in the Athletics office).
- Access to the volunteering area via smartphones and other mobile devices.
- Receiving automated e-mails confirming time slots.

Only opportunities advertised in our on-line program count toward a family's volunteer requirement. On rare occasions, other opportunities may arise at sporting events due to unforeseen circumstances, and a coach may request volunteer support provided by a parent be counted toward a family's requirement. Requests to apply other volunteer help toward athletic volunteer hours must be pre-approved by the Athletic Director.

## **PRACTICES**

1. All student athletes must attend three (3) formal practice sessions each season before participating in an athletic contest.
2. All practices will start and end on time.
3. Parents will pick up athletes in a timely manner after practice ends.
4. Athletes will finish an in-season sport before beginning practices for the following sport. Athletes may get permission to practice from their in-season coach to attend practices with the next sport if it does not interfere with the current in-season practices.
5. Parents cannot be present at practices during tryouts for any team/sport until the roster is set.

## **TEAM SELECTIONS AND "CUTS"**

In light of realistic constraints of facilities, personnel, equipment, and team sizes, not all students will be able to participate. Therefore, a fair system of tryouts will be utilized at The Vanguard School when necessary to assure an equitable opportunity for each student to secure a place on a



Vanguard School team. Each coach shall provide a specific set of guidelines upon which he/she and other coaches shall equitably evaluate each student-athlete for inclusion at the various team levels. Those guidelines will be provided at the beginning of tryouts. During tryouts, parents are not allowed to attend practices until rosters are set for the team. The student-athlete should attend all scheduled practices and team meetings to be seriously considered for any team level. Exceptions include only serious illness, religious observances, death in the family, transfer into school, injury, or those involved in a previous sports season. Selection of players for various team levels within a sport shall be at the discretion of the coaches for that sport.

## GENERAL ATHLETIC EXPECTATIONS AND PROCEDURES

- A. The safety of our athletes is our number one priority. Participants must be aware that other athletes' physical safety is extremely important and avoid any type of aggressive action which could lead to injury of another participant.
- B. Each athlete is encouraged to participate in as many different sports/activities during each school year as desirable. The student and his/her parents should determine the choice of sports.
  - 1. Students who choose to participate in two sports during the same season must complete the **Multisport Participation Agreement**. This agreement will designate the student-athlete's primary sport and clearly outline the expectations and responsibilities associated with participating in multiple sports.
  - ii. Student athletes should understand that, depending on the sports involved, it may not be feasible to fully participate in two varsity-level sports during the same season. In particular, earning or maintaining a starting position on two varsity teams simultaneously may not be possible. Students are expected to report for sports at the beginning of each sport season as established by the CHSAA (Colorado High School Activities Association) and The Vanguard School.
- C. Team members of all sports are required to attend all scheduled practices, games, and meetings during the established sports season. If circumstances arise whereby the athlete cannot attend a practice, game, or meeting, the validity of the reason will be judged by the individual coach. In all cases, however, the coach must be notified in a reasonable amount of time, prior to the practice, game, or meeting missed, by personal contact, phone call, or written statement from the parent or athlete.
  - 1. In-season sports for The Vanguard School will take precedence over any out-of-season club sport for practices, games, or meetings. Dedication and commitment to the school and team is expected for the entire season from all athletes for their in-season sport. Members of a team who are not willing to commit to the team for the entire season could be asked to leave the team or forfeit their team letter, Varsity or JV.
- D. The Vanguard School hires very qualified coaches, who have complete control of their program. The players who play in the games, matches, or meets will be the ones who, in the coaches' judgment, will contribute to the overall team goals. In determining this, the coach will take into consideration:

1. Athletic/Academic eligibility
  2. Practice and meeting attendance
  3. Performance during practice
  4. Commitment to the team and sport
  5. An injury that would affect performance
  6. Attitude of the athlete
  7. Chemistry/effectiveness of the team
- E. If an athlete is cut from one sport, he/she is eligible to participate in another sport/activity during that season. An athlete faced with this situation is encouraged to go out for another sport/activity unless cut because of disciplinary reasons or eligibility infractions.
- F. Any athlete dropping out of a sport must conduct himself in a responsible manner. First, the student must make the reasons known to the coach. Second, the athlete must return all equipment and clear all financial responsibility with the school. If equipment is lost or not turned in, the athlete will be charged for the replacement of the equipment.
1. Students will be allowed to change sports for up to 3 weeks after the start date of a sport season. After 3 weeks, students will not be allowed to change sports. Coaches of the new sport must agree to accept the athlete.
- G. An athlete is entitled to a full refund of the athletic fee if the athlete drops the sport before participating in any contest or scrimmage. No refunds will be issued after participation in any contests.
- H. Students must attend school to participate in practices or games. Students with 7 class periods per day can miss no more than **three** class periods in a given day. Students with 8 classes can miss no more than **four** class periods in a given day. Athletes will not be able to attend practices or competitions if these criteria are not met.
- I. Extra-Curricular Homework Passes- Coaches or Sponsors will make available and track the use of homework passes to participants in Vanguard JH and HS sports, Matchwits, or the school musical. Students may request a pass from the coach on the night that exemption is desired. From one to three passes will be available per season, depending on the sport/activity. The exact number of passes available for a season will be set by the administration. The pass will exempt a student from one day's homework in all subjects. Passes may not be used for tests, projects, announced quizzes, multiple day assignments, or composition work. Passes must be signed and dated by the coach when handed out and by the teachers when used. The expiration date will be printed on passes and will coincide with the last day of that particular season. If the season ends earlier than that date posted on the pass, the season homework pass will end on the Friday of that week the season actually ends. Passes will not be replaced if lost.
- J. Athletes who are suspended from school for any reason may not practice or compete during the period of suspension.

## **ELIGIBILITY**

- A. The CHSAA sets the standards for athletic eligibility.
- B. Although The Vanguard School is governed by the state association, The Vanguard School may set a higher eligibility requirements than set by the CHSAA.

- C. Listed are most of the general eligibility rules as set by the CHSAA. (For a more complete explanation and additional information, see the Athletic Director).
1. Participation in interscholastic athletics as a part of a school's education program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance, which are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.
  2. A student shall be eligible to represent his or her high school in an interscholastic activity sanctioned by the CHSAA if said student meets the following specific requirements:
    - a. The student is a bona fide undergraduate member of his or her high school.
    - b. In the judgment of the principal of the student's school, he/she is representative of the school's ideals in matters of citizenship, conduct, and sportsmanship.
    - c. Academic eligibility shall be determined by a check of the student's grades every week from the beginning of the grading period for each class, to the close of the certification day for the interscholastic activity in question. In all cases, the period of eligibility and ineligibility must be equal and at no time may the two groups become eligible on the same day.
    - d. Grades can be checked by the AD and Coaches at any time. Coaches will have access to the Student/Athlete's grades so they can be successful both academically and athletically during the season. Coaches will not be dealing directly with teachers about student grades/ineligibility.
    - e. During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 5.0 full units of credit per semester and must not be failing any. If a student is failing 1 class during the weekly grade checks, he/she is ineligible to participate in all games during that week starting the day after the grade checks. Students may still practice during their time of ineligibility.
    - f. Ineligible student athletes will not be granted early release to travel with their team to a contest.
    - g. Parents may remove the athlete from practices/contests during this time of ineligibility to focus on academic improvement, but the coach is under no obligation to place the athlete back in his/her previous position once returned to practice.
  3. A student who would be ineligible in any school because of expulsion, denial of admission, or negotiated withdrawal may not become eligible for competition at any level by transferring. The period of ineligibility is determined by the school at which the ineligibility occurred.
  4. All incoming 9<sup>th</sup> grade athletes are automatically eligible for first semester athletics regardless of their grades from the 8<sup>th</sup> grade.

- D. Regaining Eligibility – students who fail any class at the close of the second semester may regain athletic eligibility on the sixth Thursday after Labor Day. Students who fail a class at the end of the first semester are not eligible to participate until the Friday before March 10th.

## **STUDENT SUSPENSIONS**

A student may lose his/her eligibility for an extended period of time, not to extend beyond one calendar year. The request for such action can be initiated by a coach, Athletic Director, or Principal. The student and parent shall be notified of the actions taken by a coach or administrator.

Grounds for suspension from participation shall be:

1. Violation of school, team, and/or CHSAA participation responsibilities
2. Willful disobedience and/or defiance of proper authority (coaches, referees, or other school personnel)
3. Destruction, defacement, or damage to school property
4. Behavior that is disruptive to the welfare, safety, or morals of other students or the community at large
5. Violation of The Vanguard School's drug and alcohol policy
6. Cheating of any kind
7. Willful disobedience of school rules and policies

## **SEASON & OFF-SEASON PRACTICES**

- A. Season opening and closing dates for interscholastic sports are governed by the CHSAA.
- B. School equipment can be used for practices during the regular school year and off-season open gyms
- C. The sport season ends for a member of a high school athletic team on the day following the completion of his or her school's competition at that level at which the student competes.
- D. Out-of-season team practices are permitted, with coach permission, providing they do not interfere with in-season sports. Arrangements will be made with the Athletic Director and in-season coaches.
- E. Summer practices are permitted provided they are not mandatory and participation in those practices is not a factor in making the team.
- F. Eighth graders are permitted to practice with the HS athletes in the spring starting May 1 after their spring sport is complete. Eighth graders are not permitted to practice with HS athletes that are still competing in a spring sport.

## TRANSPORTATION

Carpooling will be utilized for all in-town games and practices. In-town games are those that can be traveled to in approximately 30 minutes or less. The Coaches/School will have no involvement in arranging carpooling to any in-town destinations for games or practices.

Vans or buses will be used for all out-of-town destinations. Sometimes a combination of vans and parent volunteers will be used to travel to destinations when teams are not large enough to warrant a bus. There will be an assistant coach or volunteer parent on all vans to act as a chaperone in addition to the driver. Volunteer hours will be given to parents who assist with driving athletes to select out-of-town destinations or are chaperones in the van. These must be preapproved by the Athletic Director. Athletes will be separated front to back by sex when riding the bus together.

## UNIFORMS

Uniforms will be distributed and collected by the coaches ONLY. Uniforms are not to be turned into the AD at any time. Please do not put uniforms in the dryer at any time. Coaches cannot be paid until all uniforms are turned in. Fees for excessive wear and tear (rips, stains) may be assessed at the time of turn-in.

## MISCONDUCT PENALTIES

- A. A team member leaving the bench area when a fight occurs during a game will result in an ejection and a one-game suspension.
- B. Any player ejected from a second match or contest during the same season shall be ineligible for the next two contests.
- C. Any player ejected from a third contest during the same season shall be subject to a penalty to be determined by the CHSAA commissioner.
- D. These represent minimum sanctions for violation of this rule. In cases of greater severity, the responsible administrator and/or the CHSAA may increase the sanction up to and including suspension from all interscholastic participation.
- E. Any athlete participating in an athletic event who flagrantly violates the rules of good sportsmanship should be removed from the game immediately by the coach regardless of the action taken by the game officials.

## SUBSTANCE ABUSE

The use or possession of **tobacco, drugs (including steroids), marijuana, or alcoholic beverages** in any form will not be tolerated regardless of quantity. By participating in Vanguard athletics, all athletes agree to no drinking, drugs, smoking or other illegal substances for the entire school year. Out of season infractions or unique circumstances will be subject to the discretion of the Principal. In season violations will be subject to the following disciplinary actions:

1. A violation of these rules will result in a suspension for the remainder of that sport's season.

2. A second violation will result in suspension from all interscholastic athletics/activities for one full year from the date of the second infraction.
3. A third violation will result in permanent ineligibility for all sports and sporting activities for the remainder of a student's Vanguard School career.
4. Distribution of drugs or alcohol is considered the most serious violation of The Vanguard School's drug and alcohol policy. An athlete who is suspended or expelled for distribution will be automatically ineligible for athletic participation for 365 days from the date of suspension.

## **HAZING/BULLYING/CYBER BULLYING**

Hazing/Bullying/Cyber Bullying of any kind of a teammate or other student will not be tolerated. In season violations will be subject to the following disciplinary actions:

1. A violation of this rule will result in the suspension from a game or games. If suspension occurs from game(s), the athlete will not be allowed to sit on the bench during those games. Depending on the circumstances, other actions that could result include:
  - a. Captainship revoked (if applicable)
  - b. Removal from the team
  - c. Suspension from school
2. Out of season infractions or unique circumstances will be subject to the discretion of the Principal.

**Report any incident of hazing or bullying to someone.** Counselors, teachers, administrators, coaches, and/or the Athletic Director are good people to talk to if you or your child feels that there have been occurrences of hazing or bullying.

## **TITLE IX/SEXUAL HARASSMENT/SEXUAL MISCONDUCT**

The Vanguard School is committed to a policy of nondiscrimination in relation to disability, race, color, creed, sex (including pregnancy), sexual orientation (including transgender status), religion, age, national origin or ancestry, or in certain circumstances, marriage to a coworker, or any other class protected by local, State, or federal law. The Vanguard School has a zero-tolerance policy prohibiting all forms of discrimination based on any status protected by State or federal law. The Vanguard School's anti-discrimination/harassment policy also prohibits sexual harassment, inappropriate sexual conduct, and all forms of retaliation.

Reporting instructions and additional information regarding the school's Title IX program and coordinator can be found on the school's website at:

[https://www.thevanguardschool.com/about\\_us/policies\\_and\\_procedures/title\\_ix/](https://www.thevanguardschool.com/about_us/policies_and_procedures/title_ix/)

## **ELECTRONIC MEDIA AND WEBSITES**

The Vanguard School and Athletic Department have STRICT policies on underage drinking, hazing, and other inappropriate behavior. An athlete's decision to post items on social media or internet websites such as Instagram or Facebook is a personal one; however, the athletic department and individual team policies should serve as a filter for what you decide to put

online. You must remember that you represent The Vanguard School at all times. Do NOT post pictures, comments, or information on websites that would/could embarrass you, your team, or The Vanguard School. The use of text messaging may also pose a violation of school and team policies if it is of a harassing or threatening nature, or if it involves violations of other team or school rules. A coach and/or school administrator may choose to pursue disciplinary actions depending on the nature of an incident.

## **TIPS FOR PARENTS WITH ATHLETIC CHILDREN**

We are acutely aware that the success of your children comes from the parental support you give them. Some suggestions that might assist you with your role as a parent of an athletic child are in the **Tips for Parents with Athletic Children**, as endorsed by the Colorado Athletic Directors' Association.

1. Make sure your son and/or daughter know that, win or lose, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life that they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, his or her competitive attitude, and his or her actual skill level.
3. Be helpful, but **don't** coach your child to the court, field or track, or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for your child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure.
6. Don't compete with the coach – it is tough enough to be a parent.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team.
8. Attend parent-coaches gatherings so you can become acquainted with the coach and understand his/her philosophies and expectations.

Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions and investigate before overreacting.